

Turn your body into a **fat burning machine**

# TRANSFORMING RECIPES

The Ultra Low-Carb Edition

More than 100 Recipes  
under 10 grams of Carbs



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Introduction by John Kiefer

fit living foodies™

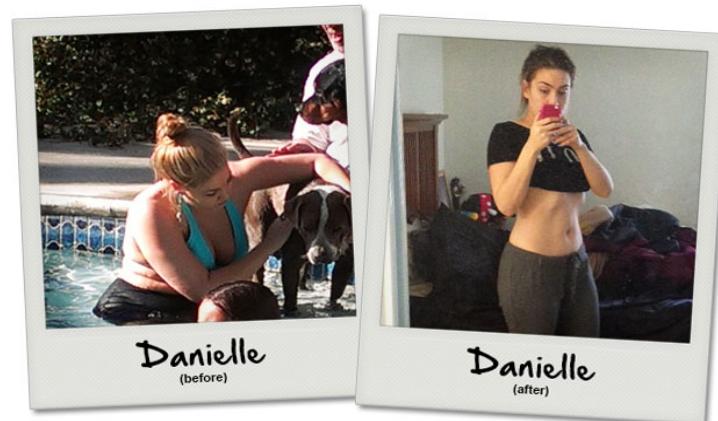


Molly  
(before & after)



Kerry  
(before & after - June 2013)

Kerry  
(after - Dec. 2013)



Danielle  
(before)

Danielle  
(after)



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**TRANSFORMING  
RECIPES**  
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## Broccoli & Goat Cheese Soufflé

**Makes:** 4 servings

**Active time:** 25 minutes

**Total:** 45 minutes

**Equipment:** Four 10-ounce ramekins or a 2- to 2½-quart soufflé dish

Heart Health  Diabetes  Weight Loss  Gluten Free

*This elegant broccoli and goat cheese soufflé will wow your family and friends. Soufflés are surprisingly easy to make—the only trick is getting them on the table before they deflate. Serve with: A tomato-and-fennel salad and, for dessert, fresh strawberries drizzled with balsamic vinegar.*

**1½ cups** finely chopped broccoli florets

**1 tablespoon** butter

**1 tablespoon** extra-virgin olive oil

**2 tablespoons** all-purpose flour

**1¼ cups** low-fat milk

**1 teaspoon** Dijon mustard

**¼ teaspoon** dried rosemary

**¼ teaspoon** salt

**½ cup** crumbled goat cheese

**3 large** eggs, separated

**2 large** egg whites

**¼ teaspoon** cream of tartar

1. Preheat oven to 375°F. Coat four 10-ounce ramekins (or a 2- to 2½-quart soufflé dish) with cooking spray and place them on a baking sheet.
2. Place broccoli in a medium, microwave-safe bowl. Cover and microwave until the broccoli

is tender-crisp, 1 to 2 minutes. Set aside.

3. Melt butter and oil in a large saucepan over medium-high heat. Whisk in flour and cook, whisking, for 1 minute. Adjust heat as needed to prevent the mixture from getting too dark; it should be the color of caramel. Add milk, mustard, rosemary and salt and cook, whisking constantly, until thickened, 1 to 2 minutes. Remove from heat and immediately whisk in goat cheese and 3 egg yolks until well combined. Transfer to a large bowl.

4. Beat the 5 egg whites in a medium bowl with an electric mixer on high speed until soft peaks form. Add cream of tartar and continue beating until stiff peaks form. Using a rubber spatula, gently fold half of the whipped whites into the milk mixture. Gently fold in the remaining egg whites and the reserved broccoli just until no white streaks remain. Transfer to the prepared ramekins or soufflé dish.

5. Bake until puffed, firm to the touch and an instant-read thermometer inserted into the center registers 160°F, about 20 minutes in ramekins or 30 minutes in a soufflé dish. Serve immediately.

**Per serving:** 254 calories; 17 g fat (8 g sat, 6 g mono); 184 mg cholesterol; 10 g carbohydrate; 16 g protein; 1 g fiber; 398 mg sodium; 199 mg potassium.

**Nutrition bonus:** Vitamin C (30% daily value), Vitamin A (25% dv), Calcium (15% dv).

**Carbohydrate Servings:** ½

**Exchanges:** ½ other carbohydrate, 2 medium fat meat, 1 fat



## Korean-Spiced Pork Chops & Slaw

**Makes:** 4 servings, 1 pork chop & 1½ cups slaw each

**Active time:** 35 minutes

**Total:** 35 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*Chili powder and garlic, both of which star in Korean cuisine, season grilled pork chops and a cool, tangy slaw. If you can find Korean chili powder use it, otherwise conventional chili powder is fine.*

- 3 tablespoons rice vinegar**
- 2 tablespoons plus 1 teaspoon canola oil, divided**
- 3 small cloves garlic, minced, divided**
- 4 teaspoons chili powder, divided**
- 2 teaspoons sugar**
- 1 teaspoon fish sauce or reduced-sodium soy sauce**
- ½ teaspoon cayenne pepper (optional)**
- 6 cups thinly sliced napa cabbage**
- 4 radishes, cut into matchsticks**
- 4 scallions, thinly sliced into 2-inch lengths**
- ½ teaspoon kosher salt**
- 4 bone-in pork chops, ½-¾ inch thick (about 2 pounds), trimmed**

- 1.** Preheat grill to medium.
- 2.** Whisk vinegar, 2 tablespoons oil, 1 minced garlic clove, 2 teaspoons chili powder, sugar, fish sauce (or soy sauce) and cayenne (if using) in a large bowl until the sugar is dissolved. Add cabbage, radishes and scallions; toss to coat.
- 3.** Place the remaining garlic on a cutting board; sprinkle with the remaining 2 teaspoons chili powder and salt. Mash into a paste with the side of a chef's knife. Combine the paste and the remaining 1 teaspoon oil in a small bowl. Rub both sides of pork chops with the paste.
- 4.** Oil the grill rack (see *Tip*). Grill the pork chops, turning once, until cooked through, 3 to 5 minutes per side. Serve the chops with the slaw.

**Per serving:** 304 calories; 17 g fat (4 g sat, 9 g mono); 67 mg cholesterol; 8 g carbohydrate; 2 g added sugars; 29 g protein; 3 g fiber; 356 mg sodium; 715 mg potassium.

**Nutrition bonus:** Vitamin A (41% daily value), Vitamin C (37% dv), Potassium (21% dv), Folate & Zinc (18% dv).

**Carbohydrate Servings:** ½

**Exchanges:** 1 vegetable, 4 lean meat, 1 fat

**Tip:** **Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)**



## Quick Chicken Parmesan

**Makes:** 4 servings, 3 ounces chicken &  $\frac{3}{4}$  cup sauce each

**Active time:** 35 minutes

**Total:** 35 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*Ooey-gooey cheese, crispy breadcrumbs and plenty of sauce are the hallmarks of any good chicken Parmesan recipe, and this one-skillet version of chicken parm is no exception. We made this recipe easier by skipping the breading on the chicken and loading the top of the dish with cheese and breadcrumbs. Serve with whole-wheat pasta to soak up the extra sauce.*

**2** 8-ounce boneless, skinless chicken breasts, trimmed

**1/4** teaspoon salt, divided

**1/2** teaspoon freshly ground pepper, divided

**1/2** cup coarse dry breadcrumbs, preferably whole-wheat (see *Tip*)

**3** tablespoons extra-virgin olive oil, divided

**1** medium onion, chopped

**3** cloves garlic, minced

**1** 28-ounce can no-salt-added crushed tomatoes

**1** teaspoon Italian seasoning

**1** cup shredded part-skim mozzarella cheese

**1/4** cup chopped fresh basil or parsley

1. Cut each chicken breast in half on the diagonal to make 4 roughly equal portions. Place between pieces of plastic wrap and pound with the smooth side of a meat mallet or a heavy saucepan to an even  $\frac{1}{4}$ -inch thickness. Sprinkle the chicken with  $\frac{1}{4}$  teaspoon each salt and pepper. Combine breadcrumbs and 1 tablespoon oil in a small bowl; set aside.
2. Position rack in upper third of oven; preheat broiler to high.

**3.** Heat 1 tablespoon oil in a large, ovenproof skillet over medium-high heat. Add half the chicken and cook until golden, 2 to 3 minutes per side. Transfer to a plate. Reduce the heat to medium and repeat with the remaining 1 tablespoon oil and chicken. Transfer the chicken to the plate.

**4.** Add onion and garlic to the pan and cook, stirring, until beginning to soften, 2 to 3 minutes. Remove the pan from the heat. Pour in crushed tomatoes; add Italian seasoning and the remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Return the pan to medium heat and cook, stirring, until the onions are tender, 2 to 3 minutes. Return the chicken and any accumulated juices to the pan. Turn to coat with the sauce.

**5.** Sprinkle about  $\frac{1}{4}$  cup of cheese over each piece of chicken, then top with the reserved breadcrumb mixture. Broil until the cheese is melted, about 1 minute. (Watch carefully to prevent burning.) Serve the chicken with the sauce, sprinkled with basil (or parsley).

**Per serving:** 386 calories; 19 g fat (5 g sat, 10 g mono); 78 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 34 g protein; 4 g fiber; 708 mg sodium; 660 mg potassium.

**Nutrition bonus:** Vitamin C (37% daily value), Calcium (30% dv), Iron & Potassium (19% dv).

**Carbohydrate Servings:** 1

**Exchanges:**  $\frac{1}{2}$  starch, 2 vegetable, 3 lean meat, 1 medium-fat meat, 2 fat

**Tip:** To make coarse dry breadcrumbs, spread crumbs on a baking sheet and bake at 250°F until dry, 10 to 15 minutes. One slice of bread makes about  $\frac{1}{2}$  cup fresh breadcrumbs or about  $\frac{1}{3}$  cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled **Panko breadcrumbs**. Find them at well-stocked supermarkets.



## Prosciutto-Wrapped Shrimp with Arugula Salad

**Makes:** 4 servings, 4 shrimp & 1½ cups salad each

**Active time:** 30 minutes

**Total:** 30 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*This recipe for jumbo shrimp wrapped in thin strips of prosciutto and served on a lemony bed of arugula is a practically effortless dish that's sure to impress your guests. Wrap your shrimp and make the dressing ahead of time, and you'll have dinner on the table even faster. Serve with toasted whole-wheat baguette sprinkled with Parmesan cheese.*

- 2 tablespoons plus 4 teaspoons extra-virgin olive oil, divided
- 2 tablespoons lemon juice
- 1 medium clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper, divided
- 8 cups lightly packed baby arugula (about 5 ounces)
- 16 raw jumbo shrimp (13-15 per pound; see *Tip*)
- 8 very thin slices prosciutto (about 2 ounces), cut in half lengthwise to make 16 strips

**1.** Whisk 2 tablespoons oil, lemon juice, garlic, salt and ¼ teaspoon pepper in a large bowl.

Add arugula and toss to coat.

**2.** Peel and devein shrimp, leaving the tails on. Pat dry and sprinkle both sides with the remaining ¼ teaspoon pepper. Wrap 1 piece of prosciutto around each shrimp.

**3.** Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half the shrimp and cook, turning once, until just cooked through, about 4 minutes. Reduce the heat to medium, and repeat with the remaining oil and shrimp, 3 to 4 minutes. Serve the shrimp with the arugula salad.

**Per serving:** 248 calories; 15 g fat (2 g sat, 9 g mono); 190 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 24 g protein; 1 g fiber; 672 mg sodium; 304 mg potassium.

**Nutrition bonus:** Vitamin A (22% daily value), Folate (16% dv), Vitamin C (15% dv).

**Carbohydrate Servings:** 0

**Exchanges:** 3½ lean meat, 2 fat

**Tip:** Shrimp is usually sold by the number needed to make one pound. For example, "21-25 count" means there will be 21 to 25 shrimp in a pound. Size names, such as "large" or "extra large," are not standardized, so to get the size you want, order by the count per pound. Look for fresh or frozen shrimp certified by an independent agency, such as the Marine Stewardship Council or choose wild-caught shrimp from North America—it's more likely to be sustainably caught.



## Buffalo Chicken Salad

**Makes:** 4 servings, 2½ cups salad & 3 oz. chicken each

**Active time:** 35 minutes

**Total:** 35 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*All the flavor of Buffalo chicken wings is packed into this irresistible, healthy salad. But unlike chicken wings, you can eat a big serving of this healthy Buffalo chicken salad recipe for just 291 calories.*

**½ cup crumbled reduced-fat blue cheese  
plus ¼ cup, divided**

**6 tablespoons buttermilk**

**4 teaspoons red-wine vinegar, divided**

**¼ teaspoon freshly ground pepper,  
divided**

**1 pound boneless, skinless chicken  
breast, cut into ¾-inch pieces**

**2 tablespoons all-purpose flour**

**1 tablespoon extra-virgin olive oil**

**2 tablespoons hot sauce, such as Frank's  
Red Hot**

**8 cups chopped romaine lettuce**

**3 large carrots, chopped**

**3 large stalks celery, chopped**

**1 large cucumber, peeled, seeded and  
chopped**

**1.** Combine ½ cup blue cheese in a small bowl with buttermilk, 2 teaspoons vinegar and ¼ teaspoon pepper; mix well, mashing slightly with a fork. Set aside.

**2.** Place chicken in another bowl; sprinkle with flour and the remaining ¼ teaspoon pepper and toss until coated.

**3.** Heat oil in a large nonstick skillet over medium-high heat until very hot. Add the chicken and cook, turning occasionally, until just cooked through, 6 to 7 minutes. Stir in hot sauce and the remaining 2 teaspoons vinegar and cook, stirring often, until the chicken is coated, about 1 minute.

**4.** Combine lettuce, carrots, celery and cucumber in a large bowl; add the reserved dressing and toss to coat. Divide the salad among 4 plates and top each with an equal portion of chicken and 1 tablespoon each of the reserved blue cheese.

**Per serving:** 291 calories; 11 g fat (4 g sat, 4 g mono); 75 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 607 mg sodium; 832 mg potassium.

**Nutrition bonus:** Vitamin A (350% daily value), Folate (44% dv), Vitamin C (25% dv), Potassium (24% dv).

**Carbohydrate Servings:** 0

**Exchanges:** 3½ lean meat, 2 fat



## Spice-Rubbed Steak with Sautéed Wild Mushrooms

**Makes:** 4 servings, 3 oz. steak & ½ cup mushrooms each

**Active time:** 40 minutes

**Total:** 40 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*We love the flavor of wild mushrooms with seared spice-rubbed steak, but any type of mushroom will work. Like the rub in this steak recipe? Make a double, triple or quadruple batch to keep on hand for chicken and firm fish (swordfish, tuna and salmon) too. Store the steak rub in a jar or sealable plastic bag in your spice drawer for an instant dinner seasoning.*

**2** teaspoons ancho chile powder (see *Tip*)  
**1** teaspoon ground cumin  
**1** teaspoon packed dark brown sugar  
**½** teaspoon salt plus **¼** teaspoon, divided  
**¼** teaspoon freshly ground pepper plus  
    **⅛** teaspoon, divided  
**1** pound flank steak, trimmed  
**5** teaspoons extra-virgin olive oil  
**½** cup chopped shallots  
**5** cloves garlic, minced  
**1** pound assorted wild mushrooms, trimmed and sliced  
**⅓** cup Madeira or dry sherry  
**½** cup low-sodium beef broth  
**2** tablespoons chopped fresh parsley

1. Position oven rack 3 to 4 inches below broiler; preheat broiler to high.
2. Coat a broiler pan with cooking spray. Combine chile powder, cumin, brown sugar, ½

teaspoon salt and **¼** teaspoon pepper in a small bowl. Rub the mixture evenly over both sides of steak and place on the prepared pan; let stand at room temperature for about 15 minutes.

**3.** Meanwhile, heat oil in a large skillet over medium-high heat. Add shallots and garlic and cook, stirring occasionally, until starting to soften, about 1 minute. Stir in mushrooms and the remaining **¼** teaspoon salt and cook, stirring occasionally, until the mushrooms release their liquid and begin to brown, 8 to 10 minutes. Pour in Madeira (or sherry) and cook, stirring, until absorbed, about 1 minute. Add broth and cook, stirring occasionally, until almost absorbed, 2 to 3 minutes. Remove from the heat and stir in parsley and remaining **⅛** teaspoon pepper; cover to keep warm.

**4.** Broil the steak 4 to 6 minutes per side for medium. Transfer to a clean cutting board and let rest for 5 minutes. Thinly slice the steak against the grain and serve with the mushrooms.

**Per serving:** 309 calories; 13 g fat (3 g sat, 7 g mono); 71 mg cholesterol; 16 g carbohydrate; 1 g added sugars; 29 g protein; 3 g fiber; 591 mg sodium; 969 mg potassium.

**Nutrition bonus:** Zinc (35% daily value), Potassium (26% dv), Iron (17% dv).

**Carbohydrate Servings:** 1

**Exchanges:** 2 vegetable, 3½ lean meat, 1 fat

**Tip:** Ancho chile powder, made from dried poblano peppers, has a mild, sweet spicy flavor. Look for it in the spice section of well-stocked supermarkets. Other mildly spicy chile powder can be used in its place.



## Sole with Garlic-Almond-Caper Sauce

**Makes:** 4 servings, 2 fish fillets & about 2

Tbsp. sauce each

**Active time:** 35 minutes

**Total:** 35 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*In this quick fish recipe, seasoned fillets of sole (or flounder) are sautéed in a hot skillet and topped with a simple sauce of sautéed garlic, slivered almonds, capers and lemon juice—a riff on sole meunière. This is a very simple dish but all your ingredients need to be ready by the stove because it cooks quickly once you turn on the heat.*

**¾ cup all-purpose flour**

**½ cup sliced almonds, divided**

**¾ teaspoon freshly ground pepper, divided**

**½ teaspoon salt**

**2 large egg whites**

**2 tablespoons water**

**8 small fillets of sole or flounder (1-1½ pounds total; see *Tip*)**

**2 tablespoons canola oil, divided**

**1 tablespoon extra-virgin olive oil**

**¼ cup thinly sliced garlic**

**2 tablespoons capers, rinsed**

**3 tablespoons lemon juice**

**4 lemon wedges for serving**

**1. Preheat oven to 250°F.**

**2. Pulse flour, ¼ cup almonds, ½ teaspoon**

pepper and salt in a food processor until almonds are finely chopped. Transfer to a large plate. Whisk egg whites and water in a shallow dish. Dip fish fillets in the egg mixture, then into the flour mixture, coating well on both sides. Shake off any excess.

**3. Heat 1 tablespoon canola oil in a large (12-inch) nonstick or cast-iron skillet over medium heat. The oil should be quite hot: when you drop a bit of the seasoned flour into it, it should sizzle up immediately.**

**4. Add half the fish to the skillet and cook until golden brown, 2 to 4 minutes per side. Transfer the fish to a large baking sheet and place in the warm oven. Heat the remaining 1 tablespoon canola oil and cook the next batch of fish. Remove the skillet from the heat. Transfer the fish to the baking sheet.**

**5. Add olive oil to the skillet and return to low heat. Add garlic and the remaining ¼ cup almonds; cook, stirring, for 15 seconds.**

Remove from the heat; stir in capers, lemon juice and the remaining ¼ teaspoon pepper. Divide the fish among 4 plates and top with the sauce. Serve with lemon wedges, if desired.

**Per serving:** 289 calories; 16 g fat (2 g sat, 10 g mono); 44 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 18 g protein; 2 g fiber; 553 mg sodium; 314 mg potassium.

**Carbohydrate Servings:** 1

**Exchanges:** 1 starch, 2 lean meat, 3 fat

**Tip:** For sustainably fished sole or flounder, look for wild-caught fish from the U.S. Pacific. For more information, visit [seafoodwatch.org](http://seafoodwatch.org).



## Salmon Cakes with Olives, Lemon & Dill

**Makes:** 8 servings, 1 salmon cake each

**Active time:** 30 minutes

**Total:** 30 minutes

**To make ahead:** Prepare through Step 3, cool completely, then wrap airtight and freeze for up to 3 months. Reheat at 450°F for 20 minutes or wrap in a paper towel and microwave for 2 to 3 minutes.

Heart Health  Diabetes  Weight Loss  Gluten Free

Studded with briny olives, bright lemon zest and a touch of dill, this healthy, easy salmon cake recipe is perfect for dinner and for freezing. Whether you serve the salmon cakes on a bun like a burger with lettuce and tomato or paired with a mixed green salad, try a dollop of reduced-fat mayo mixed with lemon juice on top.

**4** scallions, quartered  
**1/2** cup pitted Kalamata olives  
**3** tablespoons coarsely chopped fresh dill or thyme  
Zest of **2** lemons  
**1/2** teaspoon salt  
**1/2** teaspoon freshly ground pepper  
**2 1/2** pounds wild salmon (see *Tip*), skinned and cut into 2-inch chunks  
**4** teaspoons extra-virgin olive oil, divided

**1.** Place scallions, olives and dill (or thyme) in a

food processor and pulse until finely chopped. Transfer to a large bowl. Stir in lemon zest, salt and pepper.

**2.** Working in 3 or 4 batches, pulse salmon just 2 or 3 times to finely chop, but not puree. Add the chopped salmon to the bowl; gently mix until combined. (*Alternatively, finely chop salmon, scallions, olives and herbs by hand before combining with lemon zest, salt and pepper.*) Divide the mixture into 8 patties, about 3 inches in diameter and  $\frac{3}{4}$  inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

**3.** Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add 4 salmon cakes and cook until browned on both sides and just cooked through, 6 to 8 minutes total. Repeat with the remaining oil and salmon cakes.

**Per serving:** 214 calories; 10 g fat (2 g sat, 5 g mono); 66 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 29 g protein; 1 g fiber; 339 mg sodium; 551 mg potassium.

**Nutrition bonus:** Potassium (16% daily value).

**Carbohydrate Servings:** 0

**Exchanges:** 4 lean meat,  $\frac{1}{2}$  fat

**Tip:** Wild-caught salmon from the Pacific (Alaska and Washington) is considered the best choice for the environment because it is more sustainably fished and has a more stable population. Farmed salmon, including Atlantic, should be avoided, as it endangers the wild salmon population.

